



UNIVERSITY OF
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EXTENSION

Institute of Food and Agricultural Sciences

Consumer Highlights

SANTA ROSA FAMILY AND CONSUMER SCIENCES NEWSLETTER

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| You Can't Always Take It In Pill Form | 1 | <p>Only in America. Preliminary research indicates that a substance in tomatoes called lycopene may be associated with a reduced risk for prostate cancer, and presto, you can find a bottle of 30 Lyc-O-Mato lycopene tablets for \$12.99. Or studies link a reduced risk for macular degeneration, an eye disease, to a diet high in dark green vegetables containing a plant substance called lutein, and voila, you can purchase lutein pills and, presumably, bypass the produce aisle altogether.</p> <p>But a study conducted by Elizabeth Johnson, PhD, of the Carotenoid & Health Lab at Tufts, shows that a pill just doesn't do what the diet does. She made the point when she fed people 6 milligrams of lutein a day—the amount you'd easily get in a high vegetable-and-fruit diet. The lutein came either from supplements, a third of a cup of spinach, or several eggs. (Lutein is what makes egg yolks yellow.) Every study volunteer went through 9 days of every lutein regimen.</p> | |
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The result: The lutein was much more available to the body from the foods than from the supplements. Substances in those foods appear to enhance the ability for lutein uptake, Dr. Johnson comments.

The increase in blood levels of lutein during the spinach phase was more than 40 percent higher than the increase during the supplement phase. The increase in lutein during the egg phase was 300 percent higher. (An egg yolk contains only about one twentieth of the lutein in a couple of ounces of spinach, but the high absorption rate makes eggs a reasonable source of lutein in the diet.) Better still, comments Dr. Johnson, is that eggs and spinach are so much less expensive

than pills. "I paid \$20 for 100 lutein capsules," she says. "The spinach was something like 50 times cheaper. The eggs, too."

The bottom line: Researchers' discoveries of more and more chemicals in foods that appear to contribute to good health make a case for eating a better, more well-rounded diet that contains a wide variety of substances—not for isolating a few of the many thousands of compounds found in foods and popping them as supplements.



Tufts University Health &
Nutrition Health
December 2002

A Closer Look At The Office

Germes Are Hard at Work

A recent study of germs in the workplace, conducted by Dr. Charles Gerba of the University of Arizona, shows that the average office is indeed well-staffed — with a whole army of germs!

The study was designed to identify the surfaces with the highest levels of contamination and to measure the effectiveness of a disinfecting routine to reduce illness-causing germs in the workplace.

In each office, a study group who used disinfectants and a control group who did not were established. Bacterial samples were collected from common spaces and personal areas, such as offices and cubicles.

When the results were analyzed, it was the personal spaces that harbored the most bacteria. The number one culprit was the telephone, followed by the desktop. In fact, the average

desktop has more bacteria than any surface tested in the bathroom. The area where hands rest on the desk have, on average, 10 million bacteria! The next three bacteria harboring areas, in descending order, were water fountain handles, microwave door handles and keyboards. Common areas, including lunch tables, rated much lower because they're usually cleaned and disinfected daily, particularly where there's a cleaning staff. Toilet seats and photocopier surfaces were the least contaminated sites sampled in all offices.

A comparison of the surfaces used by the group, who used a disinfectant wipe or spray, and the control group, clearly demonstrates the benefits of routine cleaning. Among disinfectant users, illness-causing microorganisms were reduced 99 percent or more, even in the most contaminated areas.



Proper use of disinfectants will increase its benefits. The Soap and Detergent Association reminds consumers to read the label on the disinfectant product and use it according to the manufacturer's directions. If using a spray, wipe with paper towels. Change the towels frequently to avoid spreading bacteria from one surface to another.



Cleanliness Facts
September/October 2002



Money Management TIPS for Families: Getting Organized

Now is the time to get organized. If you use this newsletter each month, at the end of the year, you will have a net worth statement that will assist you in making investment, credit, and insurance decisions. You will also have a management procedure for planning and evaluating your income and outgo in addition to a record keeping system.

Each newsletter gives suggestions for what you need to do and provides you with check points so that you can decide how well you are doing along the way. We think it might take as long as a year to get your money management system on line and working effectively for you.

But first things first. It is now time to get the members of your household together. While you are all together have an open, non-critical discussion about any feelings, problems, and ideas. Completing a chart like the one in the next column might help you to actually see some trends in the way everyone feels and thinks about money.



| FEELINGS | PROBLEMS | IDEAS |
|----------|----------|-------|
| | | |
| | | |
| | | |
| | | |

Remember, this is to be an information gathering session. Your money management system probably just happened. It is nobody's fault. However, you now have an opportunity to start putting it together in a more organized manner.

Once everyone knows what the problems are and how everyone feels about them, you are ready to start deciding on your needs and wants. Jot them down as you go.

| NEEDS | WANTS |
|-------|-------|
| | |
| | |
| | |

With your list of needs and wants in hand, decide on some goals. Make a list of possible goals, then, indicate when you plan to achieve them.

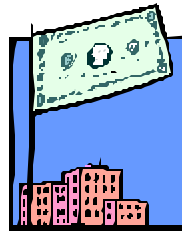
| WHAT YOU WANT | WHAT YOU NEED |
|---------------|---------------|
| | |
| | |
| | |
| | |

When you have finished this task, you are well on your way. You may not be aware that getting a handle on your money management takes

work. But it also took work to earn that money. The work involved in getting the most satisfaction from it can make a big difference. Whenever you make your earnings go further, you are in a sense, earning more.

Next month's TIP - Net Worth

For further information or assistance contact me, Linda Bowman, your County Extension Agent, at (850) 623-3868 or (850) 939-1259, ext. 1360.



Money Management
Newsletter - January 2003

The Dollar Bill

It seems very hard to believe that we will soon be welcoming a new year. So, as we close one year and open another, maybe it's time for us to reflect upon our financial goals and see where we have been and where we are planning to go in this new year. 2002 has been a year of ups and downs in our economy, and maybe even our own personal lives. However, get your dollar bill out and let's see just how much you know about it.

Many of us don't know or don't remember the significance of the design of our dollar bill. So, not only is the dollar bill a lesson in history, but we need to remember to use it and all our money wisely.

The design of the one-dollar bill that we use today originally came off the presses in 1957. This so-called paper money is in fact a cotton and linen blend with red and blue minute

fibers running through it. Special inks are used, of course. And most of the "paper" currency has been redesigned incorporating several anti-counterfeiting features.

The front of the dollar bill has lots of numbers on it. They will tell you the serial number of the bill and when it was printed. There is information about the Federal Reserve System, including their seal. The Federal Reserve Code tells you where the bill was issued. And then there's the Treasury Seal. Look closely and you will see several symbols encircled by the words — The Department of the Treasury, 1789 - the year the department was created. The Treasury Seal shows its arms depicting balancing scales (to represent justice), a key (the emblem of official authority) and a chevron with thirteen stars (to represent the original states).



On the back, you will find two circles that together comprise the Great Seal of the United States. The first currency note to have this seal as part of the design was the \$1 Silver Certificate, Series 1935. It has appeared on all dollar bills since then.

In 1776, the Continental Congress appointed Benjamin Franklin, Thomas Jefferson and John Adams to arrange for the preparation of a seal. It took two more committees, six years and the combined efforts of 14 men before the design was adopted in 1782. The seal reflects the beliefs and values that the Founding Fathers wanted to pass on to us.

The circle on the right side of the bill is the front of the Great Seal. It shows the American bald eagle with wings and claws outstretched. It holds, in its beak, a scroll inscribed *E pluribus unum*, which is Latin meaning "out of many, one" and stands for one nation that was created from 13 colonies. In one claw is an olive branch representing peace, while the other holds a bundle of thirteen arrows symbolizing war. The eagle's head is turned toward the olive branch indicating a desire for peace.

If the dollar bill was printed in color, you would see a shield with thirteen red and white stripes covering the eagle's breast. The shield is supported solely by the American eagle to denote that Americans should rely on their own virtue. It also symbolizes a united nation. The top of the shield represents Congress; the head of the eagle represents the executive branch and the nine tail feathers represent the Supreme Court, our three branches of government. Those red and white stripes of the shield represent the states united under and supporting the blue, one nation. The color white signifies purity and innocence; red, hardiness and valor; and blue signifies vigilance, perseverance and justice. Also notice above the eagle's head is a cloud surrounding a field of thirteen stars, which form

a constellation. The constellation denotes that a new State is taking its place and rank among other sovereign powers.

They say that thirteen is an unlucky number. However, maybe it's our lucky number. Did you notice that pattern of thirteen? On the front of the Great Seal, there are 13 stars above the eagle, 13 stripes in the shield upon the eagle's breast; 13 arrows in the eagle's left claw, 13 leaves and 13 olives on the olive branch in the eagle's right claw and 13 letters in the motto carried by the eagle, *E Pluribus Unum*. The back of the Great Seal has 13 steps of the pyramid and 13 letters in its top motto, *Annuet Coeptis*. And don't forget our original Thirteen Colonies (states) and the 13 stripes in our flag.

The circle on the left side of the bill is the back of the Great Seal. It is sometimes referred to as the spiritual side. It depicts a pyramid, a symbol of material strength and endurance. The pyramid is unfinished, symbolizing a striving toward growth and a goal of perfection. Above the unfinished pyramid is the Eye of Providence in a triangle surrounded by rays of light, representing the eternal eye of God and the placing of spiritual above the material. The motto is above — *Annuet Coeptis* — meaning "He has favored our undertakings." The base of the pyramid bears 1776 in Roman numerals. And a scroll reads *Novus Ordo Seclorum*, "a new order of the ages" as America began her new era.

So much history on one little piece of "paper." It only measures 2.61 inches wide by 6.14 inches long. Its average life span is 22 months. And of the money printed each year, 45% of them are dollar bills. Maybe you will have a new perspective as you spend your dollar bill during this holiday season and save it during the new year.

Clay County Newsletter
December 2002/January 2003

Refreshing The Refrigerator

Take stock of your refrigerator before stocking up for the holidays! A thorough cleaning insures space for all those edible goodies. Begin by throwing out anything old or unidentifiable. Check the expiration date on ketchup, salad dressings, and other condiments. Discard anything that shows signs of freezer burn. Get rid of all the ice in both the trays and the ice bin. Unplug the unit and remove all the food. Place meats and other perishables in a cooler.

To clean the interior and the rubber gasket around the door, use warm water and dishwashing detergent. For stubborn interior stains, use a nonabrasive, all-purpose cleaner or a solution of

baking soda and water. Rinse – and wipe dry with a soft cloth. Before reconnecting the refrigerator, remove the exterior grill and vacuum the coil area to remove dust and pet hair. Restock the refrigerator, wiping down bottles and jars before returning them to shelves.

Home Economic Notes
November 2002



Gardener's Corner

Gardeners and farmers alike agree that we have experienced unusual weather for the past 3 or 4 years. Crop and landscape damaging droughts were followed by an unusually wet fall this year. Half of Santa Rosa's 25,000+ acres of cotton was lost due to heavy rains in October and November.

Things are looking better so far and we might experience a more "normal" winter this year. Cool fall weather has allowed ornamental plants to gradually enter the dormant stage.

Perennial Plant of the Year Announced

The Perennial Plant Association has named a fern as it's Perennial Plant of the Year. Japanese Painted Fern, *Athyrium nipponicum* 'Pictum' was selected as the 2004 winner. It reaches 12 to 18 inches in height and width

and grows best in partial to full shade and moist, organic soils. The fronds exhibit shades of gray, green, red and purple. It is hardy in zones 4 -9 (we are in Zone 8b).

January Tips

! Spray fruit trees with a solution of horticultural oil emulsion to control scales and other overwintering insects. Follow label instructions closely.

! In the vegetable garden: Plant seeds of beets, carrots, kohlrabi, leek, mustard, parsley, English peas, radish and turnip. Establish bedding plants of broccoli, cabbage, cauliflower, Chinese cabbage, kale and bunching onions.

Irish potatoes can be established by purchasing certified seed potatoes, cutting them into 2 ounce pieces with eyes. Plant them 3 to 4

inches deep and 8 to 12 inches apart in 3 foot wide rows.

! To grow your own transplants of spring flowers and vegetables make plans to sow seeds indoors during mid to late January.

! Prune grapes and peach trees.

! Purchase and plant deciduous fruit trees.

Most nurseries will have their best supply during this month.

! There is still time to establish bedding plants of pansy, petunia and snapdragon.

Recycling Christmas Trees

Live Christmas trees are a renewable resource, so don't just toss yours out after the holidays. Instead, take it to a location where trees will be collected, ground up and made available to the public as landscape mulch.

Drop-off points are strategically located at:

Navarre: On Hwy. 98 beside
Century 21 Realty

Pace: At the Pace Water System

Milton: 304 Park Avenue

This project is sponsored by Recycle Santa Rosa and the Santa Rosa County Clean Community System. For further information contact Mr. Rick Harris, Recycling Manager, at 623-9349.

Newcomer Gardening Program Offered

Extension will present ***"Gulf Coast Gardening from the Ground Up"*** beginning January 25th. This series of 6 educational classes will be taught by Theresa Friday and Santa Rosa County Master Gardeners.

All classes will be held at the West Florida Regional Library in Navarre. For sign up and further information contact the Library at 850-936-6120. Maximum class size: 40 participants.

Dan Mullins—Horticulture Agent

RECIPE

Flavorful White Chili

1 lb. dry great northern beans, rinsed and sorted
4 c. chicken broth
2 c. chopped onions
3 garlic cloves, minced
2 tsp. ground cumin
1-1/2 teaspoons dried oregano
1 tsp. ground coriander
1/8 tsp. ground cloves
1/8 tsp. cayenne pepper
1 can (4 oz.) chopped green chilies
1/2 lb. boneless skinless chicken breast, grilled and cubed
1 tsp. salt
3/4 c. shredded reduced-fat Mexican cheese blend

Place beans in a soup kettle or Dutch oven; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discarding liquid.

Place beans in a slow cooker. Add the broth, onions, garlic and seasonings. Cover and cook on low for 7-8 hours or until beans are almost tender. Add the chilies, chicken and salt; cover and cook for 1 hour or until the beans are tender.

Serve with cheese. **Yield:** 6 servings.

Nutritional Analysis: One serving (1-1/3 cups chili with 2 tablespoons cheese) equals 384 calories, 5 g fat (2 g saturated fat), 37 mg cholesterol, 1,224 mg sodium, 53 g carbohydrate, 16 g fiber, 34 g protein. **Diabetic Exchanges:** 4 very lean meat, 3 starch.



The use of trade name in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.



Sincerely,

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